

HUNDREDS OF THOUSANDS OF MILLIONS OF DOLLARS THE ANNUAL COST OF ADULTERATED AND IMPURE FOOD IN WASHINGTON

Food Thrown Away Yearly in Washington

Fruit	\$14,490 pounds
Vegetables	\$6,525 pounds
Groceries	400 pounds
Confectionery	40 pounds
Meat	\$8,734 pounds
Fish	\$3,309 pounds
Milk	2,000 gallons
Total money loss, \$9,750,000		

THE new year has brought nothing to the people of Washington that is of more value to them than the safeguarding of their food. The new food law, which went into effect January 1, not in dollars and cents alone does it mean a great saving to Washingtonians, but in that more valuable asset, health, as well. That millions of dollars have been thrown away annually by Washington housekeepers on impure foods and milk is well known to all who have studied the question. How much money is spent each year for foodstuffs that are not only unfit for the table, but injurious as well, can never be known, for there has never been a way to compile actual statistics, but in the opinion of those who have given the question of impure foods close study, approximately \$9,750,000 has been wasted every twelve months by Washington housekeepers.

Most Harm From Bad Milk.

This includes expenditures in groceries, canned stuffs, meat, fish, fruit, and vegetables, and, worst of all, milk. Probably more harm to humanity is done by impure milk than any other food product, and yet it is in milk that it is easiest to detect impurities, and form definite ideas of the harm done.

Taking figures for the city of New York, and comparing the relative population of the metropolis with Washington, a fair estimate, however, may be made, since the proportion of bad food supplies in one large city is practically the same as that in another. Paul Pierce, the pure food crusader, has estimated that the consumers of New York lose \$11,000,000 annually through the purchase of bad food. The population of New York is 2,437,226, while that of Washington is 278,317, according to the last census. These are conservative estimates. Thus Washington has approximately one-twelfth the population of New York. And, if New York loses \$11,000,000 annually through bad food supplies, Washington loses \$9,750,000.

Of foodstuffs that are destroyed in Washington every year, the following figures are considered most conservative by those individuals who have carefully considered the question: Vegetables, \$6,525 pounds; fruits, \$14,490 pounds; groceries, 400 pounds; meats, \$8,734 pounds; fish, \$3,309 pounds; milk, 2,000 gallons.

These figures represent the sup-

plies which have been destroyed after being condemned as unfit for use.

The health authorities of the District of Columbia are devoting a great deal of their attention to the milk question nowadays and Dr. Woodward, the health officer, and his assistants have done much to minimize the effects of bad milk. If Congress sees fit to pass the pending bill for a bacteriological laboratory for the health office, impure milk in the District of Columbia will soon become a thing of the past, so far as the dealers are concerned. The education of householders in the matter of keeping milk pure is going along slowly, but Dr. Woodward thinks it will come to something in time, and when it does the lives of many infants will be saved.

Under the new pure food law the officials of the United States Government will handle questions relating to every other kind of food, but the District authorities have full sway on the milk question and are fully alive to the seriousness thereof. Babies are the greatest sufferers from milk, and carefully gathered statistics in the possession of the Health Department of the District show how many little ones lose their lives on account of the way they are fed.

Deaths of Infants.

For instance, during the first ten months of the year 1906, that is, from January to October, inclusive, the total of deaths in the District of Columbia was 4,922, for persons of all ages. In the same period 308 infants, under two years of age, died of stomach diseases due to improper feeding.

Following is a table showing the number of children under five years of age, which died from all causes, during the year just closed.	
January 112
February 110
March 103
April 127
May 83
June 102
July 202
August 150
September 137
October 108
November 92
December 85
Total 1,571

Sometimes the little ones die because the milk they drank was bad when their parents received it. In other cases the milk was good when taken from the dealer, but became bad through improper handling. Again, many babies are fed on condensed milk and it is through this means that most of them suffer. Dr. R. S. Lynch, of the Health Department, not long ago made a personal investigation into the causes of the deaths of 220 infants in the District. He took the cases as they were reported to the Health Department for a period covering five months of the summer and early autumn, and made special reports on all of them.

Visited Both Rich and Poor.

No special class of families was looked into. The rich and the poor alike were visited, and Dr. Lynch did

everything in his power to get at the exact causes of the death of each infant, whether it was the child of a millionaire or of a pauper. The result of his investigations was the preparation of statistics eminently fair and unprejudiced.

Of the 269 infant deaths investigated by Dr. Lynch, there were 230 bottle fed babies; 23 that were breast fed; 13 which had received combined feeding; one that had been fed broth and soup, and 8, the manner of whose feeding could not be discovered. With the exception of a very small percentage, the babies were normally healthy, but had died of stomach troubles brought on by improper feeding.

Of the 230 bottle fed babies, 119 had been fed on condensed milk; 94 on cows' milk, and 5 on patent milk foods, dissolved in water without the addition of fresh milk. These figures speak for themselves and speak eloquently.

What Paul Pierce Says.

In writing of this milk question, Paul Pierce, the noted New York pure food crusader, says:

"The enormous death rate among babies shows that the mother herself must be the chemist and food expert of the family." He then gives the following simple directions to employ in examining milk to test its purity.

"When the milk is skimmed or watered, the fluid is of a thin, bluish color. To cover this defect colorists are resorted to by unprincipled dairymen. This may be known by letting the milk or cream stand in a clear glass say twelve hours, and then noticing the watery and creamy layers. If the lower layer be of a yellow color of the same shade as the cream, artificial coloring is indicated. Cream low, or deficient in butter fat, may be detected in a similar way. If an aniline dye has been employed to give the milk or cream an apparent richness, a little vinegar added to the heated cream or milk produces in the curd a distinct orange color. If caramel or annatto has been used, the curd will have a brownish color. The curd of pure milk or cream should be nearly white. Or if the cream or milk be kept in an open vessel for forty-eight hours and remains sweet at the end of that time, it is almost sure to contain a preservative."

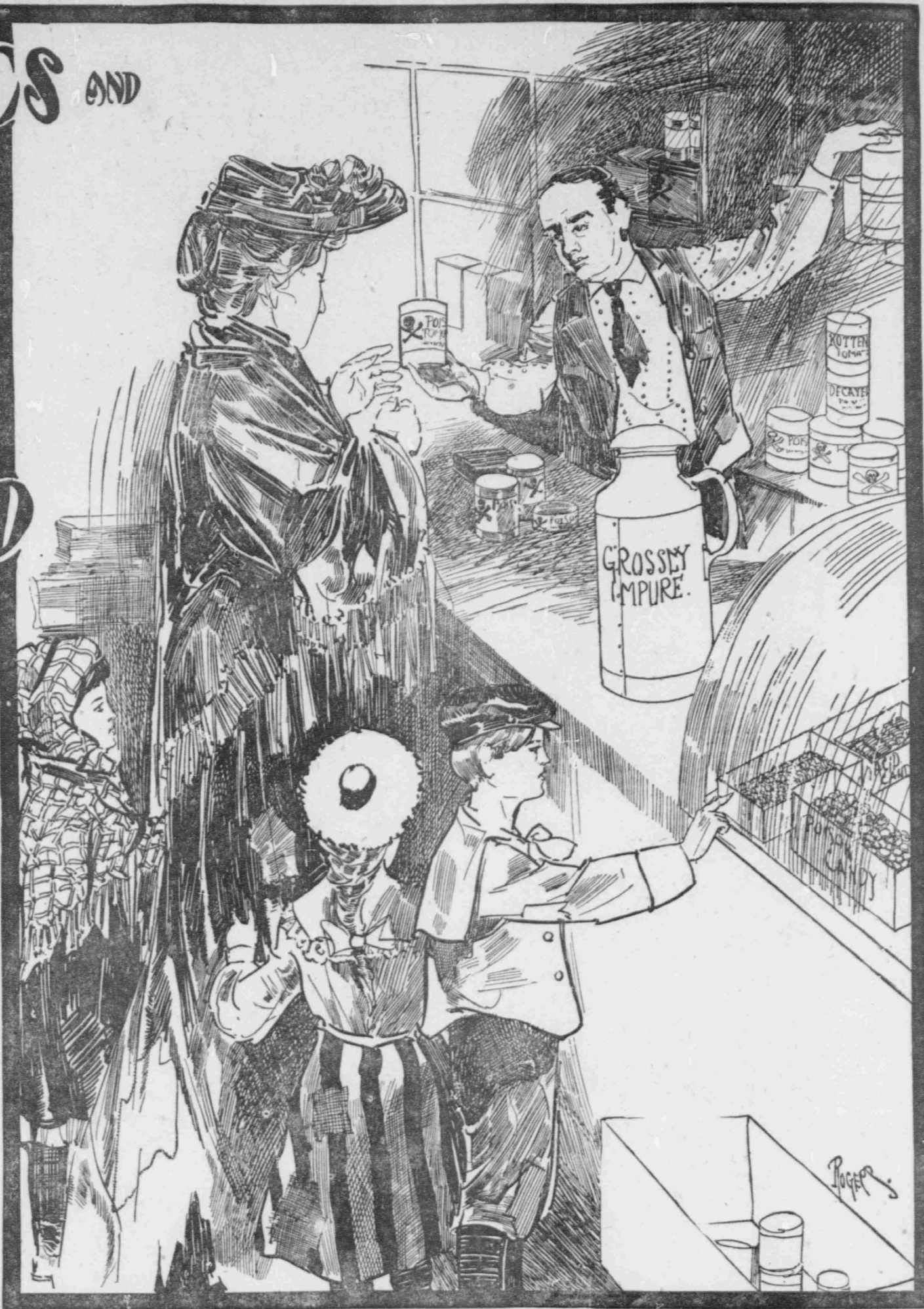
The Health Department of the District, in its educational crusade, has prepared a list of simple directions, which are sent to every home in which the birth of a child is recorded. Frequently the mothers and nurses pay no attention to these directions, but often they do, and many letters of appreciation are on file in the Health Office from mothers who have profited by the official advice.

Here are some of the instructions:

Instructions as to Feeding.

"Do not begin to give a child food other than breast milk before it is ten months old, unless advised to do so by a physician.

"A child should be nursed every two hours during the daytime and once or twice during the night, until it is four or five weeks old. After that age it is not necessary to feed it so often; every three hours during the



How Hundreds of Washington Children Are Sacrificed

daytime and once in the night is sufficient. If a physician advises the use of food other than breast milk, he will state the kind of food to be used and how often the child is to be fed with it.

"Carefully bathe the nipple before and after nursing.

"If the mother has not milk enough, or if she has consumption or any other serious illness, she should consult a physician to learn whether to try to bring the child up by the bottle.

"Do not wean the child just before or during hot weather, nor before it is ten months old. At any other time, as soon as the center teeth have come, the child should have, in addition to its milk, one or two other meals each day, consisting of milk and stale bread, or broth not containing too much grease. Gradually the mother's milk should be withdrawn from the child, so that it will be weaned completely by the time it is twelve months old.

"If the mother has a sudden turn of weather causes some delay. Milk should continue to be the main article of diet until the end of the second or third year. When the child is one year old, it may have, once a day, in addition to its bread and milk or broth, the yolk of a fresh, soft-boiled egg, and later, lean beef, mutton, or fowl can be added to its diet. It should not be given any ham, pork, bacon, etc., or coffee.

"There is more danger of giving a

child too much food than of giving it too little. Do not nurse it or feed it every time it cries. A few drops of water is very often all it wants.

"Heat kills babies and young children largely because it spoils their milk and other food. If these be kept fresh and sweet, cholera infantum is not apt to occur.

"Use only fresh milk. See that it is clean and cold when you get it. Keep it clean and cold until you use it. If it sours soon or seems to have too little cream, notify the Health Department.

"A child should be vaccinated by the time it is one year old.

"If the child is ill, especially if it be taken during the summer with an attack of vomiting and diarrhea, send for a physician at once.

"The advice and services of a physician to the poor can be obtained, by those unable to employ a medical attendant, by applying at the station house of the police precinct in which the patient lives. Free medical advice and assistance can be obtained, too, at any of the dispensaries throughout the city."

Keeping Tab on Milk.

If the mothers will look to the care of the milk after it has been received into their homes, the dangers of infant mortality will be greatly minimized, because the District authorities are keeping close tab on all the milk

that is sold in the city. The laws relating to the conduct of dairies within the limits of the District are exceedingly strict and are being enforced more and more rigidly every day.

The inspection of dairies in Maryland and Virginia, which ship milk into the District, is more difficult, yet the health officers are handling this phase of the situation admirably. In the District the producers may be approached by the inspectors under the law, but the outsiders may decline to have their farms and cows inspected. But if they refuse, however, they are liable to the loss of their permits, without which they cannot sell milk in the District. For this reason inspectors are usually admitted to the dairy farms of Virginia and Maryland which ship milk to Washington.

Routine of Inspectors.

The inspector, after examining a dairy, makes out a regular card report, showing the number and condition of the cows, the character of food they receive, the condition of the stables, dairies, cooling plants, etc. He leaves a copy of the card with the dairymen and files the original with the health authorities in Washington.

So careful are they with regard to the cows, that a regular cow Bertillon

system is in use. On a special card form there are outline pictures of a cow, and any peculiar markings each individual cow may have are carefully noted. Her age, breed, and color are accurately set down, so that if she is condemned and then appears in another dairy, there is little trouble in identifying her, as each inspector carries with him at all times a book of records.

With the establishment of the bacteriological laboratory, the inspection system will be complete. There milk will be tested and absolute facts furnished upon which the inspectors can work. For instance, it is frequently next to impossible to detect impurity in milk without a bacteriological test. When the laboratory is established samples of all milk sold in the District will be examined, and armed with the results of the examination, the inspectors can easily haul up dairymen who may now be selling impure milk and skillfully escaping the inspectors' eyes.

It will cost little more than \$5,000 a year to run the laboratory, although many of the leading physicians of the District, who have no connection with the Health Office, are of the opinion that \$20,000 should be appropriated annually for this purpose. A hard fight is being made to have such an appropriation incorporated in the next District bill and the chances for success appear favorable at this time.

DOG HAS WOODEN LEG

ALL the other dogs of pedigree in the Southampton colony will not be able to look with pity upon Ulanco, a splendid Russian wolfhound, says the New York Telegram. The simple fact that one of his legs has been amputated need not worry him any, for some time this week he is to have an artificial limb made and will be able to run about almost as lively as ever. Ulanco is the pet of Sidney L. Breese and his fiancée, Miss Betty Morton.

Purchased last summer in Europe by Mr. Breese, the animal was taken to the summer home of James Lawrence Breese in Southampton, and there he became a favorite with every one, especially with Miss Morton. He accompanied her and Mr. Breese in their walks, drives and horseback rides and spent as much time on the Morton estate as on the Breese homestead. It was about a month ago that the

keeper of the Suffolk hounds fired a shotgun to scare Ulanco out of the paddock where the pack is kept. Ulanco had been a frequent intruder. Some of the shot struck the Russian hound in the left leg. He was tenderly removed to the barn on the Breese estate, and, with a silk pillow for a head rest and Miss Morton and other members of the fashionable colony for nurses, was operated on. The wound began to heal, but a few days ago Ulanco unannounced himself, gnawed away the bandage and reopened the wound, with the result that poisoning set in. During the next few days Ulanco received the best possible medical attendance.

But, despite the expert care the wound grew worse. A consultation was held, and it was decided to send him to a dog hospital to have his leg amputated. Many tears were shed as he was borne away, and ullets were received from the hospital with as much frequency as if a member of the family were under the knife. The leg was taken off, and he is recovering.

CHARACTER CONCEALED IN EYEBROWS

IT is not generally recognized what a vast amount of character is concealed in the eyebrows. I can imagine some one reading this and saying: "What nonsense! The eyebrows are only the hair growing over the eyes."

They are more than this. Put your finger to your brow, and you will find directly under that portion of the forehead on which the hair grows that there is a bone. If so, all the better for you, for you will probably succeed where others fail if the bone is the right shape.

Now feel very carefully from the angle of the nose along the eyebrow, and if you have a successful temperament you will find a slight bump. Then your fingers will run along smoothly, and you will find a second bump and a hollow on the other side. The larger that second bump is the greater chance you have of being a successful man or woman.

You will see from this that it is not actually the hair which betrays the character, but the bone beneath it, which, forming as it does the front floor of the skull—if I may use the

expression—holds that part of the brain which controls our thinking powers.

Coming home in a railway train or trolley this evening, just glance at your neighbor's eyebrows. They are only the hair growing over the eyes.

Now look at his neighbor. Perhaps at first you will notice very little difference in the shape of the brow; but he seems a different stamp of man to the other. Look carefully. The brows are almost the same shape, but they look heavier, and are much wider apart.

Perhaps you will find that when the eyes are looking upward the upper part of the lid disappears. This man is to be trusted. His character is firm,

sometimes almost hard, but he will achieve his ambition, and will carry out any contract he enters into, and make an excellent husband.

The sharp angle formed by the nose and brow denotes a capacity for detail and a keen observation of his fellow-men.

Look at the young fellow next to him; his brows are much further apart, leaving quite a bare, triangular space between them. Note the perfect arch of the eyebrow. Here you have a lovable man, not necessarily a strong one, but one who is liked and esteemed by everyone with whom he comes in contact—generous, forgiving and open hearted.

Eyebrows running straight across the forehead, providing they are fairly wide apart, show the student.

Heavy eyebrows, close to the eyes and forming a mass near the nose, show a violent temper and usually an overbearing manner; while thin eyebrows, running up from the eyes, denote an inquiring nature, and usually a certain amount of conceit. Eyebrows that are of uneven thickness show good thinking powers.

NOISE-PROOF CHESS ROOM

PROOF against all the din of street and river is the sound proof shelter deep in the foundations, of Mr. and Mrs. Isaac L. Rice in Riverside drive, New York city.

The Rices are the successful leaders of a campaign against the superfluous whistling of the craft which ply in the Hudson, and are also the pioneers of a movement which is to bring into being the society for the Suppression of Unnecessary Noises.

Mr. Rice is one of the best-known patrons of the game of chess in the United States and the inventor of a gambit which has given him a high place among the experts who move knights and bishops over the checker-board.

Chess is a game which requires quiet and contemplation. When Mr. Rice invited his friends to tournaments he

found that the caterwauling of the sirens of the steam tugs which went up and down the river exerted a disturbing influence.

He would have had to give up playing the game entirely perhaps had it not occurred to him in the foundations of his house was a space which could be readily utilized as a sound proof refuge.

It is literally a chamber blasted and hewn out of the living rock. Despite its walls of rock, unpierced by windows except at the back, this room has a free circulation of air and is one of the most cozy and comfortable apartments imaginable.

Only once in a while, on very foggy nights, is the sound of the steam sirens heard, and then it comes only as a faint and far-off echo. The room is 22 feet square, and there is abundant space for six chess tables and numerous leather upholstered chairs.